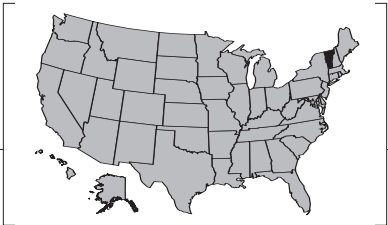


# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005



## Vermont

All statistics are based on parental reports.

|  | National %  | State %     |
|--|-------------|-------------|
| <b>Percent of children who are overweight</b>  | <b>14.8</b> | <b>11.3</b> |
| Age 10-11  | 21.9        | 16.2        |
| Age 12-14  | 14.4        | 10.6        |
| Age 15-17  | 10.7        | 9.4         |
| 0-99% Federal poverty level  | 22.4        | 22.1        |
| 100-199% Federal poverty level   | 19.0        | 12.3        |
| 200-399% Federal poverty level   | 13.7        | 10.1        |
| 400% Federal poverty level or more   | 9.1         | 9.1         |
| Male   | 18.1        | 13.8        |
| Female   | 11.5        | 8.8         |
| <b>Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week</b> | <b>71.3</b> | <b>73.5</b> |
| Age 10-11  | 78.2        | 84.3        |
| Age 12-14  | 74.2        | 80.6        |
| Age 15-17  | 63.3        | 59.7        |
| Male   | 76.8        | 79.6        |
| Female   | 65.6        | 67.2        |
| <b>Percent of children who were on a sports team or took sports lessons during the past 12 months</b>  | <b>58.6</b> | <b>74.3</b> |
| Age 10-11  | 61.5        | 79.4        |
| Age 12-14  | 61.6        | 78.8        |
| Age 15-17  | 53.4        | 66.5        |
| Male   | 62.1        | 74.1        |
| Female   | 55.0        | 74.4        |
| <b>Percent of children with at least one parent who exercises regularly</b>  | <b>72.9</b> | <b>80.8</b> |